

Chronic Disease Connections



An e-bulletin created for healthcare systems working with patients to control their diabetes and high blood pressure.

Health Promotion is Newsworthy

New tools available for Iowa communities to improve overall well-being

Complete a Statement of Interest today

Did you know your zip code could impact your health more than your genetic code? When it comes to overall health, ZIP code may be more important than genetic code. Just think about your normal day. Do you drive to the store rather than walk? Is processed food easier to fit into your hectic schedule than a healthy meal? How often are you on your phone or tablet? Our day-to-day activities and where we live impact our health. A new program aims to engage communities of all sizes to improve their overall well-being. Healthy HometownSM Powered by Wellmark offers new tools communities can use to make sustainable changes at the local level.

Communities can transform the places where citizens live, work and play by making the healthy choice the easy choice. Communities can receive help from experts in identifying and implementing a single priority or determining to undergo a complete community transformation to make healthy choices available and easy for residents to adopt.

Interested communities can submit a Healthy Hometown Statement of Interest (SOI) available at the [Healthiest State Initiative Website](#). A Healthy Hometown representative will contact you to discuss your SOI and ask additional questions to gauge your community readiness. Any Iowa community, worksite or school can also complete a self-assessment and receive insight, guidance and tools to make positive changes to their built environment, available at the [Healthiest State Initiative Website](#).

Pre-diabetes and Diabetes News

Sickle Cell Trait In African-American Patients May Lower HbA1c Levels, Causing Some Clinicians To Miss Signs Of Diabetes

[Reuters](#) (2/7, Boggs) reports, "A genetic trait that affects red blood cells and is fairly common among African Americans and Hispanic Americans can cause an important blood sugar test to miss signs of diabetes, researchers found."

[NPR](#) (2/7, Harris) African-Americans with the sickle cell trait appear to have lower HbA1c levels than those without, researchers from the National Institutes of Health and Brown University found after examining data from [two large studies](#).

[MedPage Today](#) (2/7, Monaco) The authors of an accompanying [editorial](#) argued that "current guidelines should reflect the relationship between HbA1c and race, and should be a factor in clinical trial design." The article also points out that data from the CARDIA and JHS studies were used in the present study.

Study examines weight changes among diabetes patients on insulin therapy

Early initiation of basal insulin therapy resulted in an average weight gain of 0.98 kg at one year among patients with newly diagnosed type 2 diabetes, compared with a weight loss of 1.52 kg for those who didn't receive insulin, according to a study in [BMJ Open Diabetes Research & Care](#). German researchers used a cohort of 521 diabetes patients diagnosed on or after Jan. 1, 2011, and found that diabetes duration and baseline weight may predict weight gain between baseline and one year among those in the basal insulin group. [Healio \(free registration\)/Endocrine Today](#) (2/2)

Diabetes is third leading cause of death in U.S., study finds

Diabetes accounts for 11.5 percent and 11.7 percent of deaths based on self-reported diabetes in the National Health Interview Survey and the National Health and Nutrition Examination Survey, respectively, and 11.8 percent based on A1C levels in NHANES, making it the third leading cause of death in the U.S., researchers reported in [PLOS ONE](#). Researchers found that the highest proportion of deaths linked to diabetes was among obese people at 19.4 percent.



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Million Hearts® Initiative Update



Back in 2011, the American Heart Association commissioned a report that showed by 2030 upwards of 40 percent of the U.S. population would suffer from cardiovascular disease. Sadly, we hit that mark 15 years early. This year the AHA recalculated those **projections out to 2035** and the numbers are still as haunting: **131.2 million**. That is the number of Americans projected to have CVD by 2035, which will be nearly HALF of the U.S. population. Also, with costs topping **\$1 trillion dollars** annually, CVD will maintain its place as America's costliest disease. **Please read the report** and share with others who might be interested.

The latest on the ABCS

Aspirin Use



Aspirin to Prevent a First Heart Attack or Stroke

Aspirin primary prevention is not right for everyone. Aspirin primary prevention may be beneficial for adults who:

- Are 50 to 69 years old, with the greatest benefit for adults aged 50 to 59;
- Have a 10 percent or higher risk of cardiovascular disease in the next 10 years; and
- Are able and willing to take low-dose aspirin, about 81 mg per day, for at least 10 years.

Currently, there is not enough evidence to support the use of aspirin primary prevention in patients who are younger than 50 years or older than 70 years, or know whether aspirin primary prevention benefits or risks differ between men and women or between different races or ethnicities. Source: National Heart, Lung, and Blood Institute



Blood Pressure Control and Management

New Resource: Partnering with Food Service to Reduce Sodium: A Toolkit for Public Health Practitioners

The Centers for Disease Control and Prevention (CDC), NNPHI, and Health Resources in Action (HRIA) are excited to announce the release of a new toolkit, "[Partnering with Food Service to Reduce Sodium: A Toolkit for Public Health Practitioners](#)." The toolkit highlights a list of strategies, case studies, tools, and resources for building new or enhancing existing partnerships with food service providers to reduce sodium in foods prepared, served, and sold. It aims to help public health practitioners understand the context of food service settings, as well as the language and drivers of food service providers to support effective partnerships. Please send inquiries to Kelly Hughes, Associate Director of Program Strategy at NNPHI.

Calcium Buildup in Young Arteries May Signal Heart Attack Risk

02/08/2017 Even small amounts in 30s, and 40s appears to boost the odds, study finds. "This study reinforces the idea that disease in the coronary arteries starts early, way before a heart attack actually occurs," said Dr. Byron Lee of the University of California, San Francisco. Source: HealthDay.

17 Million U.S. Adults May Have Tough-to-Spot High Blood Pressure

'Masked' hypertension doesn't show up in a doctor's office, so home monitoring is needed, researchers say.

Study: CHD risk tied to high fasting TG, low HDL-C levels in diabetes

A study in [Diabetes Care](#) showed that diabetes patients with high levels of fasting triglycerides and low levels of HDL cholesterol were at a 1.54-fold increased risk for coronary heart disease and a 2.13-fold increased risk for stroke, compared with those without diabetes. Researchers evaluated 3,216 American Indians with and without diabetes and found high levels of fasting triglyceride and low levels of HDL-C was tied to coronary heart disease risk in patients with LDL cholesterol levels of ≥ 130 mg/dL, but not in those with lower LDL-C levels. [Physician's Briefing/HealthDay News](#) (2/3)

Study shows how exercise may benefit heart tissue

Research published in [Experimental Physiology](#) found 30 minutes on a treadmill may increase expression of genes that repair damaged DNA, helping to remodel heart tissues. University of Maryland researcher Stephen Roth said the process may contribute to the cardiovascular protection that exercise provides. [Business Standard \(India\)/Asian News](#)

[International](#) (2/7)

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Cholesterol Control and Management



Trends in Elevated Triglyceride in Adults: United States, 2001-2012

Elevated triglyceride is associated with cardiovascular disease. For adults aged 20 and over with elevated triglyceride, recommendations for therapeutic lifestyle changes include increased physical activity, weight loss, optimal nutrition-related practices, and smoking cessation. In this report, trends in the percentage of U.S. adults aged 20 and over with elevated triglyceride (150 mg/dL or more) are examined using data from National Health and Nutrition Examination Surveys (NHANES) 2001–2004, 2005–2008, and 2009–2012.

Smoking Cessation

Quitline Iowa is a FREE tobacco cessation program available to all Iowans. Individuals can call 1.800.QUIT.NOW (1.800.784.8669) to enroll or they can be referred by a health care provider. As a health care provider, you play an important role in your patients' well-being and overall health. For patients who use tobacco and nicotine products, you are an important source of information and support in their cessation efforts. To help patients: **ASK** every patient if they use tobacco at each encounter and document status; **ADVISE** patients to quit; and **REFER** patients who are ready to quit tobacco to Quitline Iowa.

Quitline Iowa has educational resources, including brochures and trainings like 'Addressing Tobacco Use and Using 2As and an R.' These tools can help you learn more about the program and how to successfully help your patients on their road to quitting tobacco. Some trainings are also certified for continuing education credits. To view the free trainings, visit <http://iowa.quitlogixeducation.org/>.

Plan Clinic Awareness Activities for Upcoming Health Observations:

MARCH

Kidney Month

www.kidney.org

Nutrition Month

www.eatright.org

Save Your Vision Month

www.aoa.org

Brain Injury Awareness Week

March 13-19, 2017

www.dana.org

Diabetes Association Alert Day

March 28, 2017

www.diabetes.org



APRIL

Women's Eye Health Month

www.preventblindness.org

Public Health Week

April 3-9, 2017

www.nphw.org

World Health Day

April 7, 2017

www.who.int/world-health-day/en

National Volunteer Week

April 23-29, 2017

www.ahvp.org



Resources for Healthcare Providers

Free/Low-cost Health Advertisements and Materials

The CDC's [Community Health Media Center \(CHMC\)](http://www.cdc.gov/chmc) has free and low-cost advertisements and materials for use by state and local health departments. The advertisements and materials focus on built environment, nutrition, physical activity, obesity, and other chronic diseases or conditions. Anyone can search the [CHMC](http://www.cdc.gov/chmc) and free consultation is available to help find and select advertisements or materials. Send an email to chmc@cdc.gov with any questions or if you would like to share your advertisements or materials for consideration.

CDC Announces Release of BRFSS Tables

The 2015 BRFSS data and prevalence tables are now available. The 2015 BRFSS data set includes 41 percent of interviews conducted via cell phones. States and CDC recognize the importance of following the national trend of increasing cell-phone only households. With these efforts, as well as the raking weighting methodology, the BRFSS continues to provide data that allows for state-to-state and state-to-nation comparisons. [Read More...](#)

Registration for the 2017 Iowa Governor's Conference on Public Health is now open!

April 11 & 12, 2017 Des Moines, Iowa

The following items are posted on the conference website at www.iowapha.org/IGCPH.

- Online registration, including credit card and check payment options
- Sponsorship and exhibitor opportunities
- Conference brochure

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More Resources for Healthcare Providers

Join HHQI's Progressive Cardiovascular Learning & Action Network (CardioLAN)

Participation provides increased support from HHQI and networking opportunities through specialized quarterly webinars. In addition to Cardio Milestones program, HHQI also offers a variety of free cardiovascular health resources to support your quality improvement efforts:

EVIDENCE-BASED BEST PRACTICE INTERVENTION PACKAGES (BPIPs)

[Cardiovascular Health Part 1: Aspirin as appropriate & Blood pressure control](#)

[Cardiovascular Health Part 2: Cholesterol management & Smoking cessation](#)

[Cardiovascular Health for At-Risk Populations](#)

[Fundamental Focus: Blood Pressure Control & Smoking Cessation](#)

[Disease Management: Heart Failure](#)

EDUCATIONAL CLINICIAN & PATIENT VIDEOS

[Smoking Effects & Cessation](#)

[Blood Pressure Control](#)

[Cardiovascular Risk Factors](#)

[Lifestyle Management](#)

Help Your Patients Reduce Sodium Intake

If you've ever worked with patients to help them cut down on sodium, you probably know they need focused strategies and tools to stay on track. Fortunately, a new resource based on the [Dietary Guidelines for Americans](#) can help patients find ways to limit sodium in their diets. Share [Cut Down on Sodium \[PDF – 821 KB\]](#) (also [available in Spanish \[PDF – 821 KB\]](#)) with your patients to help them understand the relationships between sodium, blood pressure, and heart disease; recommendations for limiting sodium intake; what foods are high in sodium; and how to find choices lower in sodium. The resource also includes five specific strategies and tools people can use to reduce their sodium intake with small changes. For example, learning how to use the Nutrition Facts label to choose foods lower in sodium or cooking more at home can go a long way toward helping people cut back. The same goes for making shifts from higher-sodium foods to healthier options, like choosing fewer processed deli meats or sausages and opting for fresh options like seafood or lean meats and poultry instead. The bottom line is that strategies like these can make it easier for your patients to cut down on sodium. We hope that health professionals like you will use this resource to help your patients choose strategies that work best for them. Also be sure to check out our full [Toolkit for Health Professionals](#) to help you share key information from the [Dietary Guidelines](#) with your patients.

What's new about



Better Choices, Better Health
Put Life Back in Your Life

The Iowa Department of Public Health hosted a Chronic Disease Self Management Peer Leader training in January. Seventeen participants spent four days becoming certified peer leaders for the Better Choices Better Health program. Leaders typically have first-hand experience with a chronic condition themselves and can also be health care professionals. They act as peers when leading the workshops and continue to empower people to better manage their chronic conditions and to live a healthy life.

To find program locations, local contacts, or to learn more, visit <http://idph.iowa.gov/betterchoicesbetterhealth>.

The Iowa Department of Public Health -- Health Promotion and Chronic Disease Control Partnership

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